

Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

Volume 4, Issue 9

**March
2017**

Grinnell Hall
Senior Center
631 Bluff Street,
Beloit, WI 53511

Phone
608-364-2875
Fax
608-364-2876

Email
schuttp@beloitwi.gov

Hours
Monday – Friday
7:30 a.m. - 4:00 p.m.

facebook Check us out
on FACEBOOK



Pg.3 The History of Grinnell

Grinnell celebrates their 40th anniversary this year. Join Fran Fruzen as he talks about the history of Grinnell as a senior center and the history of the building itself. See page 3.

Pg.6 Let's Eat

Grinnell Men's Breakfast and Dinning Divas have some great plans this month,. Find out where you can join them on page six of this issue.

Pg. 6 The Art of Falling

Physical Therapist Al Hudson has valuable information on falls, how to protect yourself and what do do after a fall. Page 9.

Pg. 11 Books, Movies and Games

All types of fun to be had a Grinnell this month. See page 11 for a description of all the things you can take part in.

Thank You

A very sincere THANK YOU goes out to all of our wonderful volunteers who worked so diligently to make our bake sale, chili lunch and dance come together.

We had a large number of delicious baked goods donated, people who manned tables, priced, moved furniture, served food, made chili, donated items for prizes and so much more.

Your help and dedication is sincerely appreciated—we could not have done this without you. Valentine's Day was a busy, fun packed day. We are blessed to have so many wonderful volunteers. Thank you again.



Aging Mastery Program® (AMP) To Be Offered

Don't miss this unique opportunity to be a part of an exclusive group of adult learners who have graduated from the **Aging Mastery Program**. This program is the only one of it's kind offered in Rock County and there currently are only 13 locals offering it in the whole state of Wisconsin. The opportunity is made possible by a grant awarded to the Grinnell Senior Center from the National Council on Aging. The Aging Mastery Program® (AMP) encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. By participating in this program, you will:

1. Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
2. Get REAL incentives and rewards for taking small steps that can improve your well-being.
3. Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

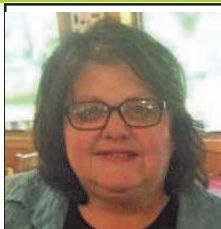
The class is five weeks long with 10 classes and runs from **Thursday, April 6** through **Thursday, May 4**. Classes are held each Thursday for five weeks from 11:00 - 2:45 p.m. , with a half hour lunch included. The normal cost of this class is **\$99.00**, but due to the grant, we are able to offer this program **FREE of CHARGE** to just 30 people for this final session.

In this five week session we will cover topics like, Financial Fitness, Falls Prevention, Sleep, Exercise and You, Navigating Longer Lives, Community Engagement and more. Each class will have a speaker from the local community who specializes in that area.

The Aging Mastery Program aims to help millions of Baby Boomers and older adults take key steps to improve their well being, add stability to their lives and strengthen ties with the community.

Learn about what to expect and hear from past graduates at our information session held on **Friday, March 24 at 1:00 .m.** Call 608-364-2875 to register.

Grinnell Hall Senior Center



A Word From the Coordinator Paula Schutt

As we transition from red (valentines day) to green (St. Patrick's Day), there is no lack of things to do here at Grinnell.

February 14 was packed with fun, food, and music. We had a delightful show of support from all of our wonderful volunteers who were there for whatever we needed. A big thank you goes out to all the wonderful folks who give so much.

We are gearing up for our third Aging Mastery Class this spring. A number of people have gone through this interesting process and become graduates. Come to the information session on Friday, March 24 at 1:00 p.m. to learn what it is all about.

Nothing says spring like plants and we have a couple of plant classes for you this month. Learn about succulents and herbs both as we gear up for the warmer weather.

This September Grinnell will be celebrating its 40th Anniversary as a senior center. Fran Fruzen, who was on the original board that created Grinnell will be here on Thursday March 9 talking about the past 40 years.

Retired police officer Doug Anderson and our very own Yoshi Glos are teaming up to show you the cane as you have never experienced it. This is a class you won't want to miss.

Many people do not know what "Reflexology" is or how it can help them get or stay healthy. Attend Maureen Birchfield's presentation on Wed. March 22 at 1:00 p.m. and qualify to win a FREE session!

Join us on March 17 for the traditional St. Pat's day lunch and don't miss all the fun that is planned each and every weekday this month at Grinnell.

Bring a friend for a tour, show them all that is going on here—it's a great place to be!

Paula

Advisory Board of Grinnell Senior Center

Roselyne Ackley, Wally Mattelig
Curt Pizza, Linda Kinder,

Theresa Niles - Chair
Carol Fryar - Secretary

Linda Smith
Robert Norder
Treasurers

Plants—Because Spring is On the Way

The Joy of Succulents

Please join Rock Prairie Wisconsin Master Gardeners on **Tuesday, March 7, from 1 p.m. - 3 p.m.**, for an engaging presentation on **"Getting to Know Houseplants and Succulents"**.



You will be introduced to succulents and other easy-to-grow houseplants to brighten up your living space and enhance your quality of life. Learn why you should grow indoor plants and how to keep them

happy and healthy. Participants will go away with a basic knowledge of houseplant care and a sample plant to take home. There is no cost for this program, but participation is limited to 16. Please sign up at the front desk to insure a spot. Call 608-364-2875 to register.

Herbs for Health and Beauty

Master Gardener, Kay Roschi, will be speaking on **Herbs for Health and Beauty** on **Monday, March 20, 2017 at 1:00 p.m.**



Did you know that herbs may now be on the cutting edge of dementia treatment? Help protect your brain cells by giving

them an uplift of "Green Clean" herbs. We will also be looking at easy perennial herbs for our zone 5 we live in. Also learn culinary tricks and how to use dandelions as food. This free workshop will fill fast, so call and register soon. To register, call Grinnell at 608-364-2875.

Celebrate St. Pat's Day at Grinnell

Join us on **Friday, March 17** at 11:45 a.m. for traditional Corned Beef and Cabbage, Red Potatoes, Carrots, Rye Bread and a delicious Mint Brownie. It will be a full house and you do not want to miss it. We will have some Irish music playing and anyone who wears green will be put in a drawing for a St. Patty's Day Basket!!!



Please note, you must sign up for this special meal by noon on Tuesday, March 14. The suggested donation for this meal is \$3.25 for those 60 and over.

Craft Kit Sale

We have a large variety of older but unopened craft kits of all varieties for sale

\$1.00 each

Monday & Tuesday.

March 6 - 7

8 a.m.—12 noon

Multi-purpose room



Classes and More

Learn the Fascinating History of Grinnell

In September of 2017, Grinnell will celebrate its 40th year as senior center. The building was constructed in the 1930's and has a fascinating history. Join us at **1:00 p.m. on Thursday, March 9** for **Fran Fruzen's** talk on **The History of Grinnell**. Hear about what occupied the building before the Senior Center, what was here BEFORE this historic building was constructed and who was involved in the process of Grinnell becoming a senior center. We expect a large crowd for this presentation, so please pre-register by calling 608-364-2875.

Expanding the Function of the Cane

The cane has traditionally been a tool for mobility. It assists with walking and safe passage of stairs or obstacles. The cane can be used for much more; a tool for increasing flexibility and strength, as well as self protection through posturing and confidence. Let retired Beloit Police Officer **Doug Anderson** and our very own **Yoshiko Glos** show you how to become comfortable handling a cane as an extension of your body. The class will be held on **Monday, March 13 at 10:00 a.m.** Please pre-register by calling Grinnell at 608-364-2875.



What the Tech

Volunteer Mark Preuschl returns with this popular class on **Monday, March 27 at 10:00 a.m.** Bring your tablets, your lap tops or your cell phones and Mark will trouble shoot for you. He will answer your questions and will attempt to solve any problems you may have. Please sign up for this session so Mark knows how many students to expect. Call Grinnell at 364-2875 to pre-register for this class.



Rod & Reel Fishing Club Sets Meeting

The thought of spring fishing is nibbling at the corners of our mind and our Fishing Club members are getting set to begin their monthly meetings. The first meeting of the **Grinnell Rod & Reel Fishing Club** is set for **Friday, March 3 at 9:00 a.m.** The club is open to anyone who enjoys fishing and does not have anyone to fish with. There are no dues and the club is open to both members and non-members.

For the way
you want to

LIVE.



RIVERSIDE
TERRACE

Affiliated with Beloit Health System

3055 South Riverside Drive, Beloit, Wisconsin 53511 • (608) 365-RCAC (7222) • www.RiversideTerrace.org

HILLCREST APARTMENTS

Affordable 1 & 2 Bedroom Apts. for
Seniors 55 & Better
Rent includes Heat & Water
A Fun Community With Many Amenities
Income Restrictions Apply

Professionally Managed by
OAKBROOK CORPORATION



**2200 Burton St.,
Beloit, WI 608-363-9246**



362-1196

**Mouse
Tavern
& RESTAURANT**

**FISH FRY FRIDAY
CHICKEN & DUMPLINGS SATURDAY**

Wed./Thurs./Fri. Lunch - Serving 11:30-1:30
Mon./Tues./Wed./Thurs 5-8 • Fri. & Sat. 5-10

1408 Madison Road, Beloit



**CARING ANGELS
HOME CARE**

Caring for your **LOVED ONES**

Caring Angels provides affordable,
compassionate, nonmedical home
care in the greater Beloit area.

Contact us at **608-365-3500**
Visit us at www.beloitcaringangels.com

Trips, Trips and More Trips

Wednesday, May 10, 2017

Buddy Holly Story

Palace Diner Theatre, Wisconsin Dells
Price includes lunch, price of bus and theatre ticket



Grinnell Member \$59.99

Non-Members \$69.99

Bus loads at Telfer Park 9:45. Departs 10:00 a.m. Arrives destination 11:30. Lunch served at 12 noon. Show 1:00 p.m. - 3:00 p.m. Depart for Beloit approx. 3:30 Arriving back in Beloit approximately 5:00 p.m.
This is a Level 1 trip

Sunday, July 30, 2017

Cubs vs Brewers at Miller Park Milwaukee



\$69.00 Grinnell Members

\$79.00 Non-Members

Bus Boards at Telfer Park, 2101 Cranston Road, Beloit at 9:45 a.m., departing Telfer park at 10:00 a.m.
This is a Level three trip

Sunday, June 11, 2017

4 Guyz in Dinner Jackets

Palace Dinner Theatre, Wisconsin Dells
Price includes lunch, price of bus and theatre ticket



Grinnell Members \$66.00

Non Members \$76.00

Bus loads Telfer park at 9:45 and departs at 10:00 a.m. Arrives destination 11:30. Lunch served at 12 noon. Show 1:00 p.m. - 3:00 p.m. Depart for Beloit approx. 3:30 p.m. Arriving back in Beloit approximately 5:00 p.m.
This is a Level 1 trip

Wednesday, September 6, 2017

Racine, Wisconsin Day Trip

America's Kringle Capital



Bus loads at Telfer Park at 7:45, departs promptly at 8:00. Arrive in Racine approx. at 9:30. Depart at 3:30 and arrive back in Beloit at approx. 5 p.m.

Grinnell Members \$35.00

Non - Members \$45.00

This is a level 3 trip with a large amount of walking,

Wednesday, July 12

Architectural Boat Tour of Chicago

Explore Chicago on a 75-minute shoreline architecture tour!

\$64.00 Grinnell Members

74.00 Non-Members

Cost includes bus, lunch and tour.

Bus boards from Telfer Park, 2101 Cranston Road, Beloit at 8:15 a.m. Bus departs promptly at 8:30 a.m. Arrive in Chicago approximately 10:30. Board boat, boat leaves dock at 11:30 for a 75 minute tour. Board bus for return trip at approximately 1 p.m. and arrive back in Beloit around 3:00 p.m. **This trip is level 2**



2017

Travel Schedule Beloit Senior Center

Enjoy traveling and leave the planning to us!
Join in the fun!



City of Beloit Senior Center
Grinnell Hall
631 Bluff Street
Beloit, WI 53511
608-364-2875
schump@beloitwi.gov

For a complete listing of all of our 2017 trips with all the details, please stop by Grinnell and pick up your copy of the 2017 Travel Schedule Booklet

Thursday, October 19, 2017

Odyssey at White Pines Theatre, Mt. Morris IL

Members: \$49.50

Non-Members \$59.50

Cost includes bus, lunch and show. Bus loads at Telfer Park at 9:30 a.m. and departs promptly at 10:00 a.m. We will arrive back in Beloit at approx. 4:30. **This is a Level 1 trip.**



Services

Dementia Care Specialist Service Offered



Cori Marsh, Dementia Care Specialist from the ADRC of Rock County is available monthly at Grinnell Hall to answer questions regarding some of the challenges related to having dementia or taking care of someone with memory loss concerns. Cori is here from **12:30-2:00 PM on Monday, March 6**. This program is provided by the ADRC of Rock County and is funded by the State of Wisconsin to provide information and outreach to individuals with memory loss and their families/care partners. This is a walk in service.

Benefit Specialist Services

Lachel Fowler will be at Grinnell Hall Senior Center on **Thursdays, March 2, 9, & 16, from 8 a.m. until 12 noon and March 23, from noon - 4 p.m.** The Benefit Specialist Program is a federal and state mandated advocacy program. Benefit Specialists are trained in the areas of benefit & entitlement programs as well as other issues. Lachel works with county residents 60 and older, regardless of financial status.



Jewelry Repair

If you find broken jewelry in your jewelry box, don't throw it away! Linda Keenan is available for jewelry repair twice a month here at Grinnell. In January she will be here **Monday, March 6 and 20th** from 11:30 a.m. - 3:00 p.m.

Watch Battery Replacement

Judy S. will be at Grinnell on **Tuesday, March 14, from 8:00 a.m. - 9:00 a.m.** This is a walk in service. This service is offered to both members and non-members of Grinnell. Batteries on your watch replaced for the cost of the battery.

Alteration Service

Jo Ellen Smith of Sewfine Custom Sewing & Alterations of Beloit is at Grinnell on the first and third Monday of every month from 1:30 - 2:00 p.m. to pick up items that are in need of alterations. Stop in and see her on **Monday, March 6th and 20th**. For more information call Grinnell at 608-364-2875.

Daley • Murphy • Wisch & Associates

FUNERAL HOME AND CREMATORIUM

2355 Cranston Rd. • Beloit, WI 53511
608-362-3444
www.daleymurphywisch.com



We are your choice for
Long-Term Care for Seniors
and adults with disabilities.
Helping you remain safe,
independent, and active
in your community.

1-877-489-3814 www.mychoicfamilycare.com



Sharing the
Necessities of Life

(608) 362-4403

2840 Prairie Ave, Beloit

For more information, please visit us at:
www.caritasbeloit.org

At Beloit Senior Living, Your Quality Of Life Is Our Commitment



Opening Late Summer 2016

A gracious assisted living environment. The amenities you want with the personalized care you need. New one and two bedroom apartments available.

Call 608-312-2370, or visit: beloitseiorliving.com for more information.

Beloit Senior Living ■ 2250 West Hart Road, Beloit, WI 53511



UPGRADE TO A
VIBRANT
Contact us for details *ad*

800-950-9952

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Dennis Thompson to place an ad today!
dthompson@4LPi.com or (800) 950-9952 x2470



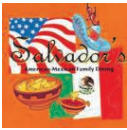
Dedicated to the preservation, restoration,
and interpretation of Beloit's rich history.

OUR HOURS: Mon.-Fri. / 12PM-4PM
845 Hackett St, Beloit
608-365-7835
www.beloithistoricalsociety.com

Let's Eat

Men's Breakfast

Join the men for a delicious breakfast this month here in Beloit at **Salvador's**, 907 Bayliss. Meet at Grinnell **Thursday, March 23 at 7:30 a.m.** to carpool or meet the gang at the restaurant at 7:45 a.m.. Please call Grinnell and PRE-REGISTER so we know how many people to expect. To get on the list call Grinnell at 364-2875.



Dining Divas

Grinnell's Dining Divas are heading north this month to Janesville. Lunch and shopping is in order as they will be enjoying lunch at Cracker Barrel Old Country Store, 2430 Fulton Street, Janesville. Good down home cooking and some fantastic deals in the country store.

The ladies will be meeting at Grinnell at 12:15 p.m. on Thursday, March 16. We will be departing promptly at 12:30. You **MUST** pre-register for this lunch and let us know if you need a ride, or if you can provide a ride, and how many you can transport. To register call Grinnell at 608-364-2875.



Society Honors Davis

The Roy Chapman Andrews Society Board of Directors

invites you to join us as we honor

Wade Davis

2017 Distinguished Explorer Award Recipient

Friday, April 21, 2017

Acceptance Lecture

"The Wayfinders: Why Ancient Wisdom Matters in the Modern World"

4:30 p.m. Eaton Chapel, Beloit College Campus
Public Welcome - FREE Admission

Celebratory Dinner

Science Center on Beloit College Campus

6:30 p.m. Reception 7:00 p.m. Dinner

\$50 per person – reservations are required

Reservations and payments can be made online no later than April 10 at:

www.roychapmanandrewssociety.org



Affiliated

PENNY HANSEN
REALTOR

LICENSED IN IL & WI
www.pennyhansen.com
pennyhansenc21@gmail.com
608-751-1096



Live Independently At Home

*With our quality, personalized
and flexible home care services.*

Call now for a free, no obligation consultation!

608-554-4548

www.homeinstead.com/613

Each Home Instead Senior Care® franchise office is independently owned and operated.

Home Instead
SENIOR CARE®
to us, it's personal.



**THE END OF ALZHEIMER'S
STARTS WITH YOU.**



alz.org/walk
START A TEAM



*We make life a
little easier!*

INDEPENDENT SENIOR APARTMENTS
ASSISTED LIVING
ADVANCED CARE • MEMORY CARE
RESPITE STAY

*Visit us online or give us a call and
see how Huntington Place can provide
the care your loved one needs in our
senior community.*



3801 N. Wright Rd.
Janesville, WI 53546
(608) 868-5035

LET US *carry*
YOUR MESSAGE
TO THE *Senior*
Community

For advertising info
call: 1-800-950-9952



Protecting **Seniors**
Nationwide

Medical Alert System



\$29.95/Mo. billed quarterly

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

**Worried you'll outlive
your retirement savings?**

Bryan M Theis, CFP®
Financial Advisor

28 State Street Suite C
Beloit, WI 53511
608-362-1666
www.edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

Member SIPC

KANDU
INDUSTRIES INC.

DAY SERVICES/MEMORY CARE

608.755.4123

kanduindustries.com

STATE CERTIFIED ADULT DAYCARE

March Calendar of Activities

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:00 Vet's Coffee 1:00 Mahjong 1:30 Theatre Group	2 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:00 Board Meeting 12:30 Euchre 1:00 Pool Practice & Instruction 1:00 Memory Cafe	3 7:30 Billiards 8:30 Tai Chi 9:00 Rod & Reel Fishing Club 9:30 Raisin-ettes 12:30 Mexican Train
6 7:30 Billiards 8:00 Craft Kit Sale 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Bridge 9:00 Open Sewing Lab 9:30 Golden—aires 11:30 Jewelry Repair 12:30 Bridge Lessons 12:30 Dementia Specialist 1:30 Alterations	7 7:30 Billiards 8:00 Craft Kit Sale 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 1:00 Plants and Succulents Class	8 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 11:30 Chair Massage 1:00 Mahjong 1:00 Booked for Dessert 1:30 Theatre Group	9 7:30 Billiards 8:00 Benefit Spec. 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 9:30 Hearing Aid Check 10:00 Blood Sugar 12:00 Reflexology 12:30 Euchre 1:00 Pool instruction 1:00 History of Grinnell	10 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train 12:30 Bridge Marathon 1:00 Movie
13 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Bridge 9:00 Open Sewing Lab 9:30 Golden-aires 10:00 Cane Class 12:30 Bridge Lessons 1:00 Embroidery Card Class	14 7:30 Billiards 8:00 Watch Battery Replacement 9:00 Sunny & Share 9:00 Beg. Line Dancing 8:30 Traveling Nails 10:00 Reg. Line Dancing 12:30 Cribbage	15 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Get Your Game On 1:30 Theatre Group	16 7:30 Billiards 8:00 Ben Spec 8:15 Walking w/ Yoshi 10:00 How to Fall 12:30 Euchre 12:30 Dining Divas 1:00 Pool practice & instruction	17 St. Patrick's Day 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train 
20 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Bridge 9:00 Open Sewing Lab 9:30 Golden-aires 11:30 Jewelry Repair 12:30 Bridge Lessons 1:00 Herbs for Health and Beauty 1:30 Alterations	21 7:30 Billiards 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage 12:30 St. Jude's Bridge 1:00 Grinnell Bookies 1:00 Mahjong	22 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:00 Health Benefits of Reflexology 1:30 Theatre Group	23 7:30 Billiards 7:30 Men's Breakfast 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 12:00 Ben Spec 12:00 Reflexology 12:30 Euchre 1:00 Pool practice & instruction	24 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:30 Mexican Train 1:00 AMP Information Session
27 7:30 Billiards 8:30 Chair Exercise 9:00 Paper Crafting 9:00 Open Bridge 9:00 Open Sewing Lab 9:30 Golden-aires 10:00 What the Tech 12:30 Bridge Lessons	28 7:30 Billiards 7:30 Traveling Nails 9:00 Beg. Line Dancing 10:00 Reg. Line Dancing 12:30 Cribbage	29 7:30 Billiards 8:30 Morning Stretch 9:30 Bridge (closed) 9:45 Easy Stretch Yoga 10:00 Chicks with Sticks 1:00 Mahjong 1:30 Theatre Group	30 7:30 Billiards 8:15 Walking w/ Yoshi 9:00 Hand & Foot Cards 12:00 Ben Spec 12:30 Euchre 1:00 Pool practice & instruction	31 7:30 Billiards 8:30 Tai Chi 9:30 Raisin-ettes 12:00 Reflexology 12:30 Mexican Train

Rock County Nutrition Grinnell Hall Senior News and Chews

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Burgundy Tips w/ Egg Noodles Garden Blend Veg Stewed Tomatoes Wheat Roll Fruit Mix	2 Chicken Thigh & Leg Mashed Potatoes w/ Gravy California Mix Veg Wheat Bread Peaches	3 Vegetable Lasagna Green Beans Roasted Peppers & Onions Garlic Breadstick Chunky Applesauce
6 Baked Breaded Fish Cauliflower Red Potatoes Pineapple Tidbits Wheat Roll Sugar Cookie	7 Hot Shaved Turkey Mashed Potatoes w/ Gravy Gr. Bean Casserole Mandarin Oranges Wheat Bread Choc. Chip Cookie	8 Navy Bean Soup & Ham Tossed Salad & Dressing Squash Hot Spiced Apples Dinner Roll Chocolate Cake	9 Spaghetti w/Meatballs Carrots Tossed Salad w/ Dressing Garlic Bread Pineapple/Orange Cup	10 Lemon-Parsley Baked Cod Rice Pilaf Asparagus Tips & Pieces Corn Dinner Roll Orange
13 Scrambled Eggs w/ Cheese, Bell Peppers & Onions Hash Brown Casserole Fr. Toast Sticks Orange Juice Mini Muffin Fruit Mix	14 Chicken Chow Mein Brown Rice San Francisco Veg Peas Wheat Roll Peanut Butter Cookie Reservations due today for Friday's meal	15 Sloppy Joes w/ Bun Baked Beans Romaine Salad & Dressing Tropical Fruit Blend	16 Parmesan Crusted Pork Squash California Mix Veg Wheat Roll Pears	17 St. Patrick's Day Corned Beef & Cabbage Red Potatoes Carrots Rye Bread Mint Brownie
20 Quiche w/ Swiss Cheese and Spinach California Mix Veg Red Potatoes Dinner Roll Fruit Cocktail	21 Pork Pot Roast Brussels Sprouts Squash Baking Powder Biscuit Pineapple Tidbits	22 Beef Noodle Soup Peas Bean Salad Hot Peaches & Granola Wheat Roll Fruit Jello	23 Baked Chicken Drumstick Mashed Potatoes / Gravy Broccoli Banana Wheat Bread Peanut Butter Cookie	24 Black Bean Chili California Mix Veg Zucchini Corn Bread Tropical Fruit Choc Chip Cookie
27 Hot Pork Sandwich w/ Hamburger Bun Baked Beans Red Potatoes Fruit Mix Snickerdoodle Cookie	28 Chopped Steak Baked Potato Red Cabbage Wheat Bread Mandarin Oranges	29 Swedish Meatballs Egg Noodles San Francisco Mix Veg Romaine Salad w/ Dressing Wheat Bread Apricots & Peaches	30 Ham Carrots Almondine Green Beans Dinner Roll Pumpkin Bar	31 Baked Parmesan Cod Squash Blend Veg Carrots Parsley Rice Multi-Grain Bread Grapefruit Chocolate Pudding

Meals served Monday through Friday. Milk served with all meals. Coffee & tea served with dining center meals. Suggested donation for each meal is \$3.25. **Meals require reservations which must be made by noon of the prior business day.** For reservations or additional information, please call the Rock County Nutrition Program at 757-5474. Meals available to anyone 60 years of age or older. Funding provided by the Title III Older Americans Act and donations. Rock County is an equal opportunity employer.

Health and Wellness

What is Reflexology

Reflexology is a preventative and holistic therapy which works on precise reflex points with gentle pressure on the feet. The feet are used as a map of the entire body. Reflexology works by gentle stimulation of the reflex points on the feet

YOUR CHANCE TO
WIN

or hands if necessary. *Reflexology can help relieve tension, improve circulation and eliminate toxins from the body more efficiently.* Reflex-

ology can be used to restore equilibrium and works by releasing the blockages within the body's natural energy systems. It allows it to flow freely and help aid recovery. Join Certified Reflexologist Maureen Birchfield, TDC on **Wednesday, March 22 at 1:00 p.m.** to hear just how this holistic health based approach can work for you. All who attend the talk will be put into a drawing for a FREE 30 minute reflexology session with Maureen here at Grinnell. Please PRE-REGISTER for this talk so we have an accurate count of those who would like to attend. Call 608-364-2875 to register.

Chair Massage

Our Certified Massage Therapist Kathy Pann is at Grinnell on **Wednesday, March 8.** A 15 minute chair massage is just \$12.00 for members and \$15.00 for non-members. Call 364-2875 to pre-register. Sessions are by appointment beginning at 11:30.



Free Blood Sugar & Pressure Screening

Mary H. and Lynn M. , take turns at Grinnell offering free blood pressure and blood sugar screenings on **Thursday, March 9 at 10:00 a.m.** This is on a walk in basis and there is no charge for this service.

Traveling Nails Monthly at Grinnell

Pati DuCharme, C.M.A./L.N.T will be at Grinnell two days each month to clip nails and care for feet. Her service includes a **foot soak, scrubbing, removal of callouses and corns, nail cleaning and trimming, cuticle care and lotion application.** Each appointment takes approximately 45 minutes and the cost is **\$35.00.** The appointments will be scheduled **Tuesday, March 14, 8:30 a.m. - 1:00 p.m. and Tuesday, March 28, 8:30 - 1:00 p.m.** To make your appointment, please call Grinnell at 608-364-2875.



How to Get Up From a Fall “MacGyver Style”

A critical skill for older adults is to know how to rescue themselves from a fall, or if injured, to be able to find ways to get help. Al Hudson, Physical Therapist at SSM Health will be at Grinnell on **Thursday March 16 at 10:00 a.m.** to talk about recovering from a fall, as well as ways to prevent them. The short video, “Get Up From a Fall MacGyver Style” will also be shown. Please pre-register for this class by calling 608-364-2875.



Weekly Exercises Offered at Grinnell

Chair Exercises.....	Mon. 8:30 a.m.
Beginning Line Dancing.....	Tues. 9 a.m.
Line Dancing.....	Tues. 10 a.m.
Morning Stretch.....	Wed. 8:30 a.m.
Easy Stretch Yoga.....	Wed. 9:45 a.m.
Walking with Yoshi.....	Thurs. 8:15 a.m.
Tai Chi.....	Fri. 8:30 a.m.

Improve Your Quality of Life With Lighten Up

Lighten UP! is a **free**, evidence-based program offered by Rock County Council on Aging. The program promotes quality of life and well being in persons age 60 and older. It involves classes of 10 to 15 people meeting for 90 minutes a week for eight weeks; all classes are led by trained instructors. Participants will maintain a diary and work through strategies for managing their daily lives in more positive ways. Through fun, interactive activities,



participants will learn to cope with life's challenges, identify barriers to feeling happy, and use new tools to improve well being. Lighten UP! will be offered at Grinnell Senior Center on **Wednesdays starting April 19 and running through June 7 from 9:30 a.m. - 12 noon.** Enroll by calling The Rock County Council on Aging at (608) 757-5309 or (608) 757-5472 or go online to www.co.rock.wi.us/aging.

This class is FREE and open anyone age 60 and over. YOU MUST register by contacting the Rock County Council on Aging at 608-364-2875. You cannot register for this class at Grinnell

Reflexology Works - Book A Session Today

Certified Reflexologist, Maureen Birchfield will be at Grinnell on **Thursday, March 9 and Thursday, March 23** beginning at 12 noon. She will have half hour appointments available. Cost is just \$18.00 for Grinnell Members and \$20.00 for non-members. These sessions are by appointment only. To book your appointment, call Grinnell at 608-364-2875.

This and That

New Hours for Memory Cafe

A Memory Café is a social gathering where those with memory loss, mild cognitive impairment, Alzheimer's or other dementia and their caregivers, are able to gather together to socialize, learn more about themselves and the world around them in a safe, relaxed atmosphere. There is no charge for the program and donations will be accepted to cover the cost of snacks at each meeting. To pre-register, call Cori Marsh, Dementia Care Specialist at 608-741-3600. The March gathering will be **Thursday, March 2 at 1:00 p.m.** at Grinnell Senior Center, 631 Bluff Street.



Learn About Silver Alert / How to Respond

The Aging & Disability Resource Center and the Alzheimer's Association of Southcentral Wisconsin welcome Ms. Kari Orn, Silver Alert Coordinator for the Wisconsin Department of Justice for an evening of learning about the Silver Alert Program, what it means, how we can respond. Ms. Orn will be joined by Town of Beloit Police Chief, Ron Northrup and others to see how we as a community can respond if a silver alert is called and how a family can prepare if they are concerned about a loved one with memory loss. Join us on **Thursday, March 23, 2017, 6:00 p.m.** at the **Beloit Public Library, 605 Eclipse Blvd, Beloit, WI.** Event is free, open to the public, light refreshments will be provided.

Learn the Art of Paper Embroidery This Month

Embroidery on paper, sometimes called prick and stitch, is a craft that originated around the 1820's. Needle crafters used perforated paper as a guide to prick the holes, and they stitched mostly geometric designs. Fast forward to the 1990's and the craft has evolved into many intricate designs. We will be learning two very basic stitches to create a birthday card. Join us on **Monday, March 13 at 1:00 p.m.** as instructor Phyllis Olmstead demonstrates this fun craft. This class is limited to six participants and there is no cost. Pre-register at 608-364-2875.

The Future is Bright at Cedar Crest

**Town Homes • Independent Apartments • Assisted Living
Short-Term Rehab • Memory Care • Health Care Center**

Cedar Crest is Rock County's only continuing care residential community. Retirees live a worry-free life the way that they want!

Call Ben at **608-373-6304** for more info and a private tour.

1702 S. River Rd. • Janesville • cedarcrestnet.com



HELP PROTECT YOUR FAMILY & HOME

CALL NOW! 1-888-891-6806



**Beloit
Bucciferro Family**

GREATER BELOIT HOME COMPANION REGISTRY

COMPANION CAREGIVERS WILL
WORK WITH YOU TO MAKE LIFE
EASIER, LESS STRESSFUL &
MORE ENJOYABLE.

MANY SERVICES ARE AVAILABLE

CALL **608-856-0153**
FOR MORE INFORMATION.

Your partner along the journey.



Offering LOCAL support and education for individuals, families and caregivers facing a diagnosis of Alzheimer's or other dementia.

608.232.3400 or toll-free 888.308.6251

support@alzisc.org

www.alzisc.org

Medicare Supplement Premiums for 65-year Olds Starting as Low as \$39.61* a Month!

Physicians Mutual Insurance Company offers a variety of Medicare Supplement options. We have Money-Saving Discounts that can give you a lifetime of savings! We are proud of our reputation for caring service, financial strength and stability.



Why wait? Talk to an agent today!

Michael Santucci
608-364-0115



*Premiums are based on a 65-year old, non-smoker, attained age. High Deductible policy for \$39.60-\$39.99 paid by automatic bank withdrawal. We are not connected with, nor endorsed by the U.S. Government or the federal Medicare Program. This is a solicitation of insurance. Upon reply, an agent will contact you. Policy/Rider kinds: P235, P236, P237, B05A, B170, B371, B373, B39A. PMIA3563

Making remaining life as full
and comfortable as possible.



**Beloit
Regional
Hospice**

Part of Beloit Health System

Movies and Books

Let's All Go to the Movies

In the winter months of 2009, the world witnessed the "Miracle on the Hudson" when Captain Chesley Sullenberger, nicknamed "Sully", glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career. **Sully** will be shown on **Friday, March 10 at 1:00 p.m.** No sign up is necessary and the movie is free and open to the public



BPL Grinnell Bookies

Beautiful opinionated Zakia and shy tender Ali risk everything for love. From different tribes, they defied their families, sectarian differences, cultural conventions and Afghan civil/Islamic law, to run away together. They live in hiding under constant threat from Zakia's large and vengeful family.



Afghanistan's Romeo and Juliet, a true story of how two people defied their families and escaped an honor killing.

Join for the BPL/Grinnell Bookies on **Thursday, March 21 at 1:00 p.m.** here at Grinnell.

Open Bridge Mondays at 9:00 a.m.
Pool Instruction Thursdays at 1:00 p.m.

Chicks With Sticks



Love to knit and /or crochet? Love to socialize and visit as well? Stop in any **Wednesday between 10:00 a.m. and 1:00 p.m.** and join "Chicks with Sticks". This is not a formal class, as everyone is working on their own project, however; there is always someone to help with questions. No sign up required and there is no charge.

Fun & Games

Winners of the Membership Drive Prizes

The following members were prize winners in our membership drive contest. Congratulations!

Red Bear.....Pam Curatolo
Animal Print Throw.....Janice Elfers
Pair of Pandas.....Pam Curatolo
Camera.....Sandra Johnson
Quilt.....Jan Johnson
Fur Coat.....Le Ann Mattox
Television.....Carol Auge
Trip to White Pines.....Roger Burrows
Trip to Maggie Mae.....Barb Hopper
Clinique Cosmetic Gift Bag.....Bobbie Pann

Vets' Coffee

Our monthly Vets' Coffee will be held this month on **Wednesday, March 1, at 11:00 a.m.** It is open to all vets and no sign up is necessary.

Mexican Train

Mexican Train is played each **Friday at 12:30 p.m.** It is a good brain exercise, besides being a lot of fun. Come and join in the fun!!

Hand & Foot Card Game

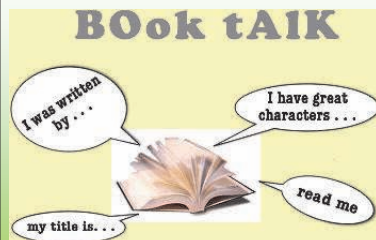
Hand and Foot is a North American card game related to Canasta. It is played on the second and fourth Thursday of each month. This month, the game will be on **March 9 and 23 from 9:00 a.m. - 12 noon.**

Cards and More.....Dates and Times

Euchre.....Each Thurs. at 12:30 p.m.
Bridge Lessons..... Each Monday at 12:30 p.m.
Open Bridge.....Each Monday at 9:00 a.m.
Mahjong.....Each Wed. at 1:00 p.m. &
Mahjong.....Tues. March 21, at 1:00 p.m.
Cribbage.....Each Tues. at 12:30 p.m.
Mexican Train.....Fridays at 12:30 p.m.
Hand & Foot.....March 9 & 23 at 9 a.m.

Booked For Dessert

Book lovers unite! It is one of our favorite times of the month! This program is exclusive to Grinnell and sponsored by the Beloit Public Library. Join us on **Wednesday, March 8 at 1:00 p.m.** Tina Kakuske from the library brings along a huge tote full off books. While you enjoy a delicious dessert and beverage, Tina gives a short review on each of the books. You can check them out after the program as long as you have your library card with you.



She has a variety of topics and interests available and it is a wonderful way to get a pre-view of some great new reads. There is no charge for this program, but we do ask that you sign up ahead of time by calling Grinnell Hall at 608-364-2875.

The Power of 50 Plus

A Publication of the City of Beloit Senior Activity Center

City of Beloit
Grinnell Hall Senior Center
631 Bluff St.
Beloit, WI 53511
Phone: 608-364-2875 Fax: 608-364-2876
Email: schuttp@beloitwi.gov
Website: www.beloitwi.gov



National Council on Aging



Valentines Day 2017

